



# Secure & Prepared

Iowa Homeland Security & Emergency Management

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## Jan. 20-26 is Hazardous Materials Awareness Week

Gov. Terry Branstad has designated next week as Hazardous Materials Awareness Week in Iowa.

HSEMD, together with the Iowa Emergency Response Commission (IERC), for the second year will recognize the fourth week in January as Hazardous Materials Awareness Week. The goal is to provide Iowans with a better understanding about hazardous materials, their proper use, storage, and disposal, and the emergency response actions that can help minimize unnecessary accidents and exposure.

Nearly all households use products that contain hazardous materials, and hazardous materials are transported on our roadways, railways and waterways daily. Although the risk of a chemical

accident is slight, knowing how to handle these products and how to react during an emergency can reduce the risk of injury.

Brochures and fact sheets about hazardous materials safety are available for download at [www.BeReady.iowa.gov](http://www.BeReady.iowa.gov). Additional information can be found on HSEMD's Facebook page and Twitter feed, where updates will be posted throughout the week. Ω



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# Influenza hits hard this season

Influenza activity continues to increase in the United States and most of the country is now experiencing high levels of influenza-like illness, according to the Centers for Disease Control and Prevention (CDC). "Reports of influenza-like illness are nearing what have been peak levels during moderately severe seasons," according to Dr. Joe Bresee, chief of the Epidemiology and Prevention Branch in the CDC's Influenza Division. The CDC continues to recommend influenza vaccination and antiviral treatment when appropriate at this time.

The CDC tracks influenza activity year-round and publishes a report weekly on Fridays.

Twenty-nine states (including Iowa) and New York City are now reporting high levels of influenza-like illness and another nine states are reporting moderate levels. Ten states are still reporting low or minimal instances.

So far this season, most (91 percent) of the influenza viruses that have been analyzed at the CDC are like the viruses included in the 2012-2013 influenza vaccine. The match between the vaccine virus and circulating viruses is one factor that impacts how well the vaccine works. But Bresee cautions that other factors are involved.

"While influenza vaccination offers the best protection we have against influenza, it's still possible that some people may become ill despite being

vaccinated," says Bresee. "Health care providers and the public should remember that influenza antiviral medications are a second line of defense against influenza."



The CDC has recommendations on the use of antiviral medications (sold commercially as "Tamiflu®" and "Relenza®") to treat influenza illness. Antiviral treatment, started as early as possible after becoming ill, is recommended for any patients with confirmed or suspected influenza who are hospitalized, seriously ill, or ill and at high risk of serious influenza-related complications, including young children, people 65 and older, people with certain underlying medical conditions and pregnant women. Treat-

ment should begin as soon as influenza is suspected, regardless of vaccination status or rapid test results and should not be delayed for confirmatory testing.

For more information on what to do if you have the flu, to learn where you can get a flu shot, and information about flu planning and preparedness, visit [www.flu.gov](http://www.flu.gov).

## How to avoid getting the flu

- Vaccination is the best way to protect yourself from the flu.
- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine. Ω

*[Source: CDC, U.S. Dept. of Health and Human Services]*

# Radon: A silent killer

The U.S. Environmental Protection Agency (EPA) has designated January as National Radon Action Month. Radon is an odorless, colorless gas found throughout the U.S. that causes no immediate health symptoms, however, long-term exposure can lead to lung cancer. According to the Surgeon General, indoor radon is the second leading cause of lung cancer in the U.S., and according to the EPA, it is the first leading cause of lung cancer in nonsmokers. Each year, radon kills more



people than drunk driving accidents, falls in the home, drowning, and house fires. The good news is, you can fix a radon problem.

Radon comes from the natural breakdown of uranium in soil. The only way to know the radon level in your home is to test. A simple test kit can reveal the amount of radon in any building. Buildings with high levels can usually be fixed safely and affordably, and new homes can be built with radon-resistant features. Every new home, though, should be

tested after occupancy regardless of whether or not it was built to be radon-resistant.

What can you do?

- Test your home for radon. It's easy and inexpensive.
- Fix your home if your radon level is 4 picocuries per liter (pCi/L) or higher.
- Radon levels less than 4 pCi/L still pose a risk, and in many cases may be reduced.

For more information on radon, testing, and fixing a radon problem, visit [www.RadonInIowa.com](http://www.RadonInIowa.com). Ω

## Shake out, don't freak out

This year, join the millions who will participate in the Great Central U.S. ShakeOut! Last year more than 12.5 million people registered for ShakeOut drills worldwide. Participating is a great way for you to be prepared to survive and recover from a large earthquake event.

Wherever you are at that moment—at home, at work, at school, anywhere—you should Drop, Cover, and Hold On as if there were a major earthquake occurring at that very moment, and stay in this position for at least 60 seconds. The ShakeOut is not something you need to leave work to participate—in fact, participating at work is encouraged!

Although earthquakes in Iowa are extremely rare, the threat exists nonetheless. All Iowans should learn the basics when it comes to preparing for and protecting themselves from an earthquake. Visit [www.BeReady.iowa.gov](http://www.BeReady.iowa.gov) for detailed earthquake tips.

Businesses, organizations, schools, and government agencies can register and have their employees practice Drop, Cover, and Hold On or have a more extensive emergency drill. Drop, Cover, and Hold On with us on Feb. 7, 2013, at 10:15 a.m.! Visit [www.shakeout.org/centralus](http://www.shakeout.org/centralus) for details and to sign up. Ω







## Application deadline for 2014 HMEP Grant Program approaches

The Iowa Homeland Security and Emergency Management Division (HSEMD) will be accepting FFY 2014 Hazardous Materials Emergency Preparedness Grant (HMEP) applications until Jan. 24, 2013. This funding opportunity is posted at [www.iowagrants.gov](http://www.iowagrants.gov). The grant is open to all active Local Emergency Planning Committees (LEPCs).

Important dates to remember:

**Jan. 24, 2013**

Application deadline

**Jan. 25 –Feb. 1, 2013**

Application review period

**Feb. 4 – Feb. 8, 2013**

Project negotiations with LEPCs

**Sept. 30, 2013**

Anticipated award date

**Oct. 1, 2013 – Sept. 30, 2014**

Performance period for 2014 HMEP

Projects must have a heavy emphasis on transportation-related accidents and incidents to be eligible for funding. It will be important to show this connection in your project narrative for both the planning and training grants. Contact Lisa Sexton for any questions you may have regarding the FFY 2014 HMEP grant application at (515) 725-3213 or [lisa.sexton@iowa.gov](mailto:lisa.sexton@iowa.gov).

## EMPG local application period now open

The Emergency Management Performance Grant (EMPG) 2013 Passthrough funding opportunity is now posted at [www.iowagrants.gov](http://www.iowagrants.gov) and the application period is open. Deadline for submission is Thursday, Feb. 28, 2013 by 4:30 p.m. Since applications will be submitted in IowaGrants.gov, be sure you are a registered user for IowaGrants.gov.

You may access the application instructions and other important information at [www.iowagrants.gov/insideLinkOpps.jsp?documentPk=1353944476487](http://www.iowagrants.gov/insideLinkOpps.jsp?documentPk=1353944476487).

A training webinar will be offered to provide technical assistance for applying in IowaGrants.gov. RSVP to Tricia Boggs (515-725-3218 or [tricia.boggs@iowa.gov](mailto:tricia.boggs@iowa.gov)) so she can send you the specific web link and call-in information for the webinar of your choice.

Webinars are scheduled for:

Jan. 24, 2013      8-10 a.m.

Jan. 31, 2013      1-2 p.m.

If you have questions regarding the 2013 EMPG application, please contact your district planner at HSEMD. They will be conducting the first level review of the applications this year and will be your go-to folks for EMPG application questions. Ω

# Training opportunities

## Enhanced Risk and Threat Assessment

Did you know that the private sector can have a vital role to play in the response to disaster? In this interactive workshop you will:

- Learn ways to apply the process of risk management
- Learn to prioritize risks from all hazards, assess vulnerabilities and estimate consequences
- Develop methods to help fight against potential risks
- Visit and assess local facilities to determine risk, consequences and mitigation
- Develop an action plan
- Network with local partners

When	Where
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Feb. 6-7	Council Bluffs
Feb. 13-14	Cedar Rapids
Feb. 20-21	Des Moines

This course is designed for law enforcement, fire, EMS, HazMat, public works, emergency management, health care, emergency communications, governmental and private-sector representatives.

If you have any questions about this course, contact Jesse Truax at [jtruax@safeguardiowa.org](mailto:jtruax@safeguardiowa.org). Register at [www.safeguardiowa.org/CIKR](http://www.safeguardiowa.org/CIKR).



## Intermediate ICS (ICS 300)

**When:** Jan. 29-30  
**Where:** Clinton Co.  
Community College  
Technology Center  
1951 Manufacturing Dr.  
Clinton

Contact: Chance Kness, [kness@clintoncounty-ia.gov](mailto:kness@clintoncounty-ia.gov).

## Intermediate ICS (ICS 300)

**When:** March 12-13  
8 a.m.–4 p.m.  
**Where:** Vocational Rehab Bldg.  
Grants Room  
510 E. 12th St.  
Des Moines

Register at <http://homelandsecurity.iowa.gov/training>.

## Advanced ICS (ICS 400)

**When:** Feb. 19-20  
**Where:** Buena Vista County EMA  
411 Expansion Blvd.  
Storm Lake

Contact: Aimee Barritt, [aimee.barritt@bvema.com](mailto:aimee.barritt@bvema.com).

## Advanced ICS (ICS 400)

**When:** Feb. 25-26  
**Where:** Clinton Co.  
Community College  
Technology Center  
1951 Manufacturing Dr.  
Clinton

Contact: Chance Kness, [kness@clintoncounty-ia.gov](mailto:kness@clintoncounty-ia.gov).

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# Training opportunities

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## Advanced ICS (ICS 400)

**When:** March 14-15  
8 a.m.—4 p.m.  
**Where:** Vocational Rehab Bldg.  
Grants Room  
510 E. 12th St.  
Des Moines

Register at <http://homelandsecurity.iowa.gov/training>.

## ICS Overview (ICS-402)

**When:** Feb. 6  
**Where:** Keystone AEA  
Highway 56  
Elkader

Contact: Joel Biggs,  
[joelbiggs14@gmail.com](mailto:joelbiggs14@gmail.com).

## ICS Overview (ICS-402)

**When:** March 21  
6:30—8:30 p.m.  
**Where:** Upper Iowa University  
Student Center Ballroom C  
605 Washington St.  
Fayette

Contact: Andrew James,  
[ajames@storycounty.com](mailto:ajames@storycounty.com).

## A.L.I.C.E. Instructor Training Course

**When:** Feb. 12-13  
8 a.m.—4:30 p.m.  
**Where:** Southwestern  
Community College  
Room 180  
1501 E. Townline St  
Creston

Contact: Andrew James,  
[ajames@storycounty.com](mailto:ajames@storycounty.com).

## Emergency Management and Business Continuity (NFPA 1600)

**When:** March 18-19  
8:30 a.m.—5 p.m.  
**Where:** Story County Admin.,  
2nd Floor  
900 6th St.  
Nevada

## Emergency Management and Business Continuity (NFPA 1600)

**When:** March 20-21, 2013  
8:30 a.m.—5 p.m.  
**Where:** Marion Co. Public Health  
2003 North Lincoln  
Knoxville

Contact: Andrew James,  
[ajames@storycounty.com](mailto:ajames@storycounty.com).

## All-Hazards Incident Commander Training

**When:** March 25-29  
8 a.m.—4:30 p.m.  
**Where:** Polk County EMA  
1907 Carpenter Ave.  
Des Moines

Contact: Andrew James,  
[ajames@storycounty.com](mailto:ajames@storycounty.com).

## Wide Area Search (PER 213)

**When:** Aug. 20-22  
8 a.m.—5 p.m.  
**Where:** Marshall County Sheriff  
2369 Jessup Ave.  
Marshalltown

This course is applicable to those who would need to conduct wide area searches due to a natural disaster or terrorist incident. Participants will learn practical search methods and skills in order to perform systematic searches. The course concludes with a table top exercise. The curriculum of this course is based on lessons learned from search operations in support of the Space Shuttle Columbia recovery, hurricanes Katrina, Rita, Dolly, Ike, and other wide-area search incidents.

Contact: Kim Elder, [kelder@co.marshall.ia.us](mailto:kelder@co.marshall.ia.us). ☺

# National Weather Service offers spotter training

Each year, National Weather Service (NWS) meteorologists provide spotter training throughout the state. The classes cover information about severe weather climatology, severe thunderstorm types, different severe weather threats and how to identify them, how to report severe weather, spotter safety and severe weather communications. Spotter training classes are open to the public and free of charge. This year, the Des Moines NWS office will offer in-person training classes as well as weekly webinars.

To find a spotter training class near you, visit the website for the NWS office that covers your area (link via [www.BeReady.iowa.gov](http://www.BeReady.iowa.gov)). Be sure to check back frequently as the schedules are continually updated.

## Des Moines NWS Offerings

Feb. 26	Des Moines 7 p.m.
Feb. 28	Bedford 6:30 p.m.
March 4	Waterloo 6:30 p.m.
March 5	Rockwell City 6:30 p.m.
March 6	Anywhere (WEBINAR) 7 p.m.
March 7	Ames 7 p.m.
March 11	Mason City 6:30 p.m.

March 11	TBD (Decatur County) 7 p.m.
March 12	Centerville 6 p.m.
March 12	Whittemore 7 p.m.
March 13	Anywhere (WEBINAR) 7 p.m.
	Marne 7 p.m.

## La Crosse NWS Offerings

March 19	Osage 6:30 p.m.
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## Quad Cities NWS Offerings

Feb. 23	Marion 1 p.m.
Feb. 28	Iowa City 6 p.m.
March 4	Waterloo 6:30 p.m.
March 13	Manchester 7 p.m.
March 26	Dubuque 6:30 p.m.
	Lowden 7 p.m. Ω

## Burn Awareness Week is Feb. 3-9

Burn Awareness Week, observed the first full week in February, is designed to provide an opportunity for burn, fire and life safety educators to unite in sharing a common burn awareness and prevention message in our communities. Burn Awareness Week, celebrated early in the year, is an excellent opportunity to “kick off” a year full of burn awareness education. This year, the focus is again about preventing a specific kind of burn: scalds.

Scald injuries are painful and require prolonged treatment. They may result in lifelong scarring and even death. Prevention of scalds is always preferable to treatment and can be accomplished through changes in behavior and the home environment.

For more information, visit the American Burn Association website at [www.ameriburn.org/preventionBurnAwareness.php](http://www.ameriburn.org/preventionBurnAwareness.php).

National Burn Awareness Week





# Iowa's blood banks need YOU

Every two seconds, someone, somewhere needs blood.

January is National Blood Donor Month. Every blood type is needed – for some, the need is critical. You can have an impact on up to three persons with just one donation!

Blood is a living tissue that cleans and nourishes the human body. It is fragile, cannot be manufactured, and can only be stored for a limited time. A healthy adult can give blood every 56 days, yet less than 10 percent of eligible donors in the U.S. (38 percent of the pop-



**MAKE  
LIFESAVING  
A HABIT**

ulation) give blood. Nine out of 10 people who live to age 70 will use blood sometime in their lifetime.

Donating blood is safe and easy. Each donor is screened by health professionals at the time they donate, and all donated blood undergoes laboratory testing to ensure that it is safe for transfusion. The National Blood Donor

Registry, organized by America's Blood Centers, mobilizes blood donors to respond to critical shortages in their communities. The registration process is simple and private. Remember, the information you submit is private and will not be shared. Start the process now at [www.americasblood.org](http://www.americasblood.org).

You can also contact the Blood Center of Iowa. Visit their website at [www.lifefervebloodcenter.org](http://www.lifefervebloodcenter.org).

## Iowa Homeland Security & Emergency Management

**Administrator  
Mark Schouten**

7105 N.W. 70th Ave.  
Camp Dodge, Bldg. W-4  
Johnston, Iowa 50131  
[www.homelandsecurity.iowa.gov](http://www.homelandsecurity.iowa.gov)  
Ph: 515.725.3231  
FAX 515.725.3260

### HSEMD MISSION

Lead, coordinate, and support homeland security and emergency management functions in order to establish sustainable communities and ensure economic opportunities for Iowa and its citizens.

**Secure & Prepared** is published for those involved in the homeland security/emergency management system in the state of Iowa. For more information, contact Stefanie Bond at [stefanie.bond@iowa.gov](mailto:stefanie.bond@iowa.gov).

### NEWS TEAM

Stefanie Bond  
Laura Carlson  
Katie Ewing  
Beth Lewis  
Amy Meston  
Lucinda Robertson  
Kathy Stodola  
Jessica Turba

### ON THE CALENDAR

#### JANUARY

National Volunteer Blood Donor Month  
National Radon Action Month  
Hazardous Materials Awareness Week (20-16)  
Martin Luther King, Jr. Day (21)\*

#### FEBRUARY

National Burn Awareness Week (3-9)  
Great Central U.S. ShakeOut (7)

#### MARCH

American Red Cross Month  
National Poison Prevention Week (17-23)  
Severe Weather Awareness Week (25-29)

*\*State holiday. HSEMD offices will be closed.*